

Food and Nutrition - Long term plan

	Autumn 1/2	Spring1/2	Summer 1	Summer 2
Year 7	Introduction Food Hygiene and Safety Washing up Knife Safety//Hob safety/Oven safety The Eatwell guide Sensory Analysis Weighing and Measuring Cross Contamination Chicken Skills and Confidence development	Nutrition The Eatwell Guide and Healthy eating advice Start the Day right – Healthy Breakfasts from around the world	Food science Bread and cakes Rasing agents	Food ethics
Year 8	Introduction Food Choice Food Hygiene and Safety Washing up Knife Safety/Hob safety/Oven safety Fruit and Vegetables Sensory Analysis Weighing and Measuring Meat Skills and Confidence development	Nutrition The Eatwell Guide and Healthy eating advive. Energy balance Delicious and Nutritious – Healthy snacks and lunches from around the world	Food Science Eggs and Dairy Coagulation	Food business
Year 9	Introduction Food Hygiene and Safety/Washing up Knife Safety/Hob safety/Oven safety The Eatwell guide Sensory Analysis Weighing and Measuring Cross Contamination Beef Skills and Confidence development	Nutrition The Eatwell Guide and Healthy eating advice Eatwell evening - Healthy meals from around the world	Food Science Starches Gelatinisation and dextrinization	Food sustainability